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Ida Halpin

Iowa State College

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Food for the Masculine Taste

by Ida Halpin

THE way to a man's heart—"that old, old saying, has been declared tried and true by a host of culinary-minded lassies. Do they all use the trial and error method, or can any standards for food to tempt the masculine palate be devised? Of course, everyone has personal likes and dislikes, but perhaps these could be correlated into some general trend in food preference.

A representative group of men students on the campus were asked what their favorite appetite satisfiers were. The preference was rather well divided between the "fatted calf" and the "old red rooster," with the former having a slight edge.

Buffet suppers with their added variety and choice of main dishes, but always accompanied by balancing of plates on knees and jiggling of coffee cups in mid-air, were eyed with approval by most of those questioned—to be indulged in "on occasion." The men prefer their food on a plate on a good solid table for reliable mass consumption.

They all raised the expected objections to the half-pint size of sandwiches and appetizers served at these suppers. Those who had been to suppers where

they grilled their own sandwiches with a choice of fillings—cheese, peanut butter, cold meats and jelly—declared that they really enjoyed concocting their own food to taste, especially when all the ingredients and utensils were conveniently and attractively arranged and their culinary arts were applauded.

Everyone seems to be "vegetable conscious" these days. The men were asked if egg plant, cauliflower, broccoli and brussels sprouts were taking the place of the old standbys—beans, peas, carrots, tomatoes and cabbage—in their menus. It may be due to the inborn "camp instinct" in every male, but almost every man questioned seemed to consider the word "vegetable" to be

cooked breakfast food. I found only one habitual "breakfast-go-withouter," as he called himself. Most of them are of the opinion that the morning meal can either make or break the day for them. Bacon and eggs were breakfast favorites, with griddle cakes at regular intervals.

Apple pie is the universal favorite. Perhaps it's the Thanksgiving atmosphere coming up, but pumpkin pie ran the favorite a close race. Cherry pie, especially a la mode, is one of the runner-ups.

The choice of cake was unanimously chocolate for bi-weekly (tri-weekly, if possible) consumption. Angel food, applesauce and sponge cakes were also favorites. The inevitable "treat cake"



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practically synonymous with "beans."

Popeye's muscle-builder, spinach, was almost a unanimous favorite. Cauliflower and the other more recently "domesticated" vegetables named are seldom ordered, but in all cases seemed to be enjoyed and eaten when served.

Cooked and uncooked cereals split the vote about fifty-fifty. Oatmeal was the most preferred cooked cereal, but no two men questioned liked the same un-

was strawberry shortcake—the way mother makes it with no scrimping on the strawberries. As unanimous as was the chocolate cake preference was the request that it be covered with thick chocolate icing.

Steak, chicken, beans, spinach, apple pie, and chocolate cake seem to be every man's favorite, but aside from them it's up to the women to discover the preference of the individual in question.